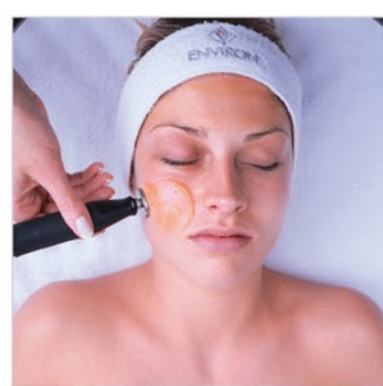
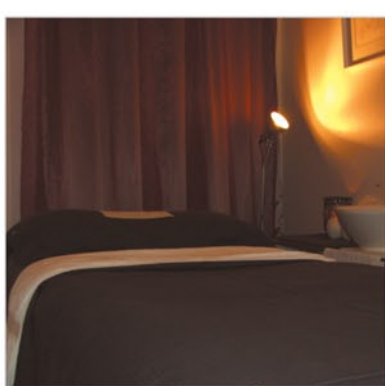


skin therapy

advanced skin care specialists



+++ Wellingtonians can face the aging process confident that they'll still look great thanks to a treatment available from Skin Therapy on Tinakori Rd. Rachel Robertson, an advanced skin care specialist, has been in the business of beauty for nearly 10 years and has a passion for helping people look and feel better. Rachel stocks Environ, a South African based skin care range and Hema, which is locally made and uses all natural ingredients. Earlier this year Rachel was placed 3rd in the 2008 Environ Case Study Awards. And most recently she has launched a new treatment for Wellingtonians using a skin analysis machine. "A lot of women get to their 30's or 40's and want to suddenly slow down the aging process," Rachel says. "The machine works by showing people how their skin is gradually getting better, by using the appropriate skin care." Rachel asks clients to cleanse the night before undergoing the skin analysis procedure and then to leave their skin the next morning, without even washing with water so that the level of oil and natural protection can be detected. "I want to see the skin for what it naturally is, without the interference

of any products," Rachel says. "I have a lot of very intelligent women coming in who want to learn how to take better care of their skin."

Rachel says a general lack of knowledge is to blame for people using the wrong products for the skin. Skin Therapy is so far the only place in Wellington to have the skin analysis machine and the appointment is catered for each individual. "It involves a consultation where we talk about lifestyle, diet and sleep," Rachel says. "The face is then looked at in six separate sections, analysing the skin at each stage. The skin analysis machine gives readings of the skin's natural oil levels, hydration levels and pigmentation levels and I always ask the client what they want to achieve." The skin analysis is an hour long procedure and costs \$65. We also record photographs of the client's skin to show the progress of the treatment. The results are amazing, with each individual's confidence increasing with every session. "With the machine showing the results of the skin improving, people are able to actually see

that it's working," she says. The sun is no doubt the biggest threat to keeping New Zealand women's skin looking fresh and youthful and alarmingly most of the sunscreen on the market only protects against UVB – the sun's rays which burn skin, but not against UVA which harm the skin in a deeper level by damaging the skin cells. While antioxidants protect the skin from this kind of damage, Vitamin A repairs what cells are already damaged. "If I ever pick up on anything showing a sign of skin cancer I refer the client on to a dermatologist," Rachel says. "I always recommend clients use our Environ moisturiser which has Vitamin A and also the Hema products which have avocado oil in it, which is rich in Vitamin A. It is just so important we do what we can to protect our skin."

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By Rachelle Stewart